

Roasting Chart for SheetPan Dinners

Oven Temp: 425°F to 450°F

10-15 minutes	20-25 minutes	25-30 minutes	30-35 minutes	35-45 minutes
Zucchini Summer squash Bell peppers Broccoli (florets) Asparagus Green beans Mushrooms Frozen green peas Asparagus Green Beans	Cauliflower Brussels sprouts Butternut squash Acorn squash Radishes Eggplant Turnips Broccoli (larger)	Cherry tomatoes	Beets White potatoes Sweet potatoes Carrots Parsnips Cabbage Rutabagas Tomato halves	Onions Fennel bulb (sliced thickly)
Salmon – 135°F Cod – 135°F Turbot -135°F Chicken tenders -155°F Lean pork (thin chops) – 145°F	Kielbasa (or any pre-cooked sausage) – 145°F	Boneless skinless chicken breasts – 155°F Pork chunks – 145°F Pork tenderloin – 145°F Bacon (thin)	Bone-in chicken breasts - 155°F Chicken legs – 165°F Meatballs (medium) – 140°F	Italian sausage – 145°F Bacon (thick) Chicken thighs – 165°F Croutons

FOOD SIZE: Goal is to use vegetables and meat that are cut approximately the same size. If mixing veggies that require different times, try cutting the longer-timed veggie in smaller pieces. Chicken breasts are a troublesome protein – cut them into larger sizes (advisable). Use an instant read thermometer so you don't over-bake the meat, whatever kind you use.

SHEETPAN: Use a pan with a short lip/side/edge (half sheet or quarter sheet), and line with aluminum foil for easy clean-up.

OIL: Oils have a “flash point,” meaning once they heat to a certain temp they'll begin to burn/smoke. Hence, it's best to use a neutral oil (canola, vegetable, grapeseed) with a higher flash point. If using regular olive oil (don't use EVOO) keep the oven temp at 425°F. Everything you put in the sheetpan should be oiled except bacon. Place vegetables in a big bowl, drizzle with oil, use your hands to toss well, then add seasonings and continue to toss and turn. You can try to do this ON the sheetpan.

HERBS/SPICES to Use: **rosemary, thyme, paprika, smoked paprika, oregano, fennel seed, red pepper flakes, cumin, lemon zest, curry powder, Z'atar, Italian parsley, Italian blend, turmeric (will give an Indian flavor), SALT & PEPPER.**